

# 10<sup>th</sup> RACE THE TORTOISE 5K

**March 2, 2019**

O'Leno State Park, FL  
Hosted by Friends of O'Leno, Inc.  
Medals to all Finishers



## Entry Fees

Through February 16th \$20  
February 17th – Race Day \$25  
Age 14 and under \$10 at all times  
Park entry fee waived  
Sorry **NO REFUNDS**

## Registration

**Online** <http://RacetheTortoise5K.itsyourrace.com/> Closes 3/1/19, 9AM EST

## Mail-in

See form below. Must be postmarked by 2/23/2019  
Day of Race Registration & Packet Pickup  
Dining Hall from 6:45 a.m. to 7:45 a.m.

## T-shirts

T-shirts guaranteed for pre-registered participants only

**Race Website:** <http://friendsofoleno.org/events-2/5k-run-announcement/5-k-run/>

## Restrictions

For the safety of all: no pets, bicycles, skateboards, or skates allowed on the course. Strollers are permitted.

## Location

Six miles north of High Springs, FL on HWY 441  
[www.floridastateparks.org/oleno](http://www.floridastateparks.org/oleno)

**IMPORTANT!!! You must arrive by 7:30 a.m.**  
**Park gate closes at this time. Car pooling is a great help.**

## Race Course

(Certified FL09012EBM)  
Out & back on paved, scenic road with mile markers  
Start & Finish about 1.5 miles from Park's entrance  
Chip Timing by Milestone Race Authority  
Water, Gatorade, & port-a-let near start / finish line

## Prize Money & Awards

(One prize per runner)  
1st Place Overall \$100 for course record  
(M 15:27.1 / F 17:33.2)  
1st Place Masters \$50 for course record  
(M 16:59.5 / F 19:28.9 )  
Awards to top 3 in each 5 year age group M/F  
(9 and under through 75+)  
Awards Ceremony starts at 9:15 a.m. in the Dining Hall

## Race Results

<http://friendsofoleno.org/events-2/5k-run-announcement/5-k-run/results/>  
[www.milestoneraceauthority.com/past-race-results/](http://www.milestoneraceauthority.com/past-race-results/)

## Refreshments

In Dining Hall after the race

## Contact Information

[friendsofoleno@windstream.net](mailto:friendsofoleno@windstream.net)  
OR Jim South, Park Service Specialist,  
386-454-0723

### **REGISTRATION FORM - PLEASE PRINT CLEARLY**

**Race The Tortoise 5K · O'Leno State Park · 3/2/2019 at 8:00 am**

**Postmark by 2/23/2019** to: Race Director, Friends of O'Leno, P.O. Box 2879, High Springs, FL 32655  
Make check **payable to:** Friends of O'Leno, Inc.

Name \_\_\_\_\_ Day Phone No. \_\_\_\_\_

Gender: M or F      Shirt Size: XS S M L XL XXL      Birthdate \_\_\_\_\_      Age on Race Day \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

E-Mail Address \_\_\_\_\_

I consider myself adequately trained for the O'Leno State Park 5K Run. I do hereby release O'Leno State Park and Friends of O'Leno, Inc., all sponsors, workers, and anyone involved in this race from any liability for accident, injury, illness, or death suffered by me in connection with this race. I attest and verify that I have full knowledge of the risks involved in this event. If I should suffer any accident, injury, or illness, I authorize the officials of the race to use their discretion to have me examined by EMT personnel and, if needed, transported to a medical facility. I will take full responsibility for this action. I have read the above release and understand that I am entering this event at my own risk.

The participant hereby grants the CSO or the Department permission to take and use photographs, audio, video or digital recordings made of the Event for publicity, promotional purposes, or other CSO or Department purposes.

\_\_\_\_\_  
**Participant signature and Date**

\_\_\_\_\_  
**Parent/Guardian signature if participant under 18 years of age and Date**